

# YOUTH BASKETBALL

*Rogers Activity Center*

## Parent's Manual



*"Do you know what my favorite part of the game is? The opportunity to play."* Mike Singletary



## **Mission Statement**

*It is the mission of the Rogers Activity Center to provide a variety of activities and sports that promote health in both mind and body through fellowship and good sportsmanship.*

## **League Basics**

The Rogers Community School Recreation Association Board of Directors is charged with establishing policies and guidelines that govern our youth recreational sports programs. This group of individuals takes this responsibility very seriously, keeping in mind that the ultimate goal is for every child to have the opportunity to participate and be trained, regardless of athletic ability or financial status.

The Rogers Activity Center and Rogers Recreation Department staffs implement the policies and guidelines established by the RCRSA Board of Directors. The League Directors constantly strive to make each experience a positive learning influence in the participant's life.

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## **Website/weather updates**

The Recreation website is a valuable resource that we use for conveying information. Forms used by the league, background check submissions, game schedules, rules, cancellations due to inclement weather, and other announcements and information can be found at:

[www.rogersarkansas.com/recreation](http://www.rogersarkansas.com/recreation). For immediate league information like us on Facebook at: [www.facebook.com/RogersActivityCenter](https://www.facebook.com/RogersActivityCenter)



Twitter: @RogersActivity



## **Player/Parent Codes of Conduct**

All coaches, players, spectators, and league staff shall be treated with courtesy and respect at all times. Also, all facilities that the program uses need to be treated with respect and left the same as they were found. Only registered players are to use the facility. Siblings and friends of players must be carefully watched by their parents or guardians.

### **Players: In order to be eligible for playing time mandates the following guidelines need to be followed:**

1. Players are required to attend practices, games and other league functions.
2. Players must be on time for practices and games.
3. Players need to contact their coach if they cannot attend a practice or a game.
4. Players must wear complete uniforms at every game.
5. Players must behave appropriately. Good sportsmanship is mandatory at all times.
6. Players must exhibit a commitment to, and respect for, teammates, coaches and officials.
7. Players may not abuse equipment, or use it in anyway not mandated by the sport.
8. If a player has a problem with the team, he must speak to the coach first. If the problem is not resolved, then he/she should speak to the League Director.

### **Parents/Spectators will:**

1. Inform the coach of any physical disability or ailment that may affect the safety of the child or of others.
2. Learn the rules of the game and the policies of the league.
3. Be a positive role model for the children and encourage sportsmanship by showing respect and courtesy, and by demonstrating **positive support** for all players, coaches, officials and spectators at every game, practice or other sporting event.
4. NOT engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting or using profane language or gestures.
5. NOT encourage any behavior or practices that would endanger the health and well being of the athletes.
6. Demand that your child will treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
7. Teach my child that doing one's best is more important than winning, so that my child may feel less defeated by the outcome of a game or his/her performance.
8. Emphasize skill development, teamwork and working hard at practices over winning.
9. Respect the officials and their authority during games and will never question, discuss, or confront coaches at the game, and will take time to speak to coaches at an agreed upon time and place.
10. Demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
11. Refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

## **Disciplinary Guidelines**

Enforcement of the league playing rules shall be the sole responsibility of the officiating staff assigned to the game. Enforcement of additional code of conduct rules shall be the joint responsibility of the League Director, officiating staff assigned to that game, any league staff present at the game, and the RAC administrative staff.

Violations of conduct rules for coaches, fans and players include (but are not limited to) the following:

- \*Fighting
- \*Foul Language
- \*Derogatory or negative remarks made to officials, coaches or League officials before, during or after practice or game
- \*Cheating or fraud of any kind
- \*Destruction of league or city property
- \*Continued use of improper equipment or wearing of an improper uniform

If a coach or fan is ejected from a game, he/she must leave the building. In addition to ejection from the game, the individual may receive an additional suspension and/or penalty assigned by the league director.

## **Spotting an Overuse Injury and Recovering From It**

Use the following system as a general guideline for classifying, grading the development, and assessing the progress of an overuse injury.

- Stage 1: Pain after activity, no functional impairment
- Stage 2: Pain during and after activity with minimal functional impairment
- Stage 3: Pain during and after activity that persists throughout the day, significant functional impairment
- Stage 4: Significant functional impairment with all daily activities

It cannot be stressed enough how important it is to teach players that playing through any amount of pain will only cause further injury and likely longer periods of time away from their sport. Taking the necessary precautions will not only keep athletes healthy, but also increase their performance and enjoyment for years to come. To initially reverse and prevent, overuse injury progression, follow the R-I-C-E method (rest, ice, compression and elevation). This will help muscles, ligaments, and tendons recover after play. *See more information on preventing sports injuries by STOP SPORTS INJURIES in the flyers at the end of this packet. Also, visit: <http://www.northwesthealth.com/Services/Pages/SMARTSports.aspx> for resources on local education for preventing injury and rehabilitation.*

## **Basic First Aide Principles**

The key aims of first aid can be summarized in three key points:

- **Preserve life:** the overriding aim of all medical care, including first aid, is to save lives
- **Prevent further harm:** also sometimes called **prevent the condition from worsening**, or **danger of further injury**, this covers both external factors, such as moving a patient away from any cause of harm, and applying first aid techniques to prevent worsening of the condition, such as applying pressure to stop a bleed becoming dangerous.
- **Promote recovery:** first aid also involves trying to start the recovery process from the illness or injury, and in some cases might involve completing a treatment, such as in the case of cleaning a small wound

**1. Take care of the open wounds:** Cover any open wound with a clean cloth or bandage and make sure that it does not get contaminated. You should protect yourself during the process to minimize any chance of cross-infection.

**2. A seriously injured person should never be moved from his position, unless absolutely necessary:** This will prevent any internal injuries from further aggravation.

**3. Never give the victim any sort of medication yourself:** This is the duty of trained medical personnel only. Any wrong drug or an inappropriate dose can be fatal for the injured person.

**4. Ensure that the victim is stable:** Try to stop any excessive bleeding with help of a tourniquet. Check for the vital stats like pulse and heartbeat.

Read more: <http://healthmad.com/health/first-aid-guide-basic-principles/#ixzz22L5kcTWC>

**Nutrition and Hydration from National Alliance on Youth Sports:** It is very important that the athletes maintain proper hydration and practice good nutritional habits at all times, but especially during their sports season.

1. **Carbohydrates: Fuel for young athletes.** You can teach children the proper way to head a soccer ball, shoot a basketball or catch a football, but if they aren't eating the right foods before arriving for practices or games their performance is going to be compromised. All young athletes, regardless of the sports they are participating in, need carbohydrates to fuel their bodies as well as increase their chances of performing at optimal levels. Carbohydrates represent the main source of energy in a diet. The more carbohydrate fuel children lose during competition, the less energy they have to perform at their peak.
2. **Protein: The building block of muscle.** Protein is an important piece of the nutrition puzzle for young athletes, as it helps repair muscles after exercise as well as promotes the growth of valuable muscle tissue. Good sources of protein include chicken, fish, pork, beef, eggs, peanut butter, soy milk, beans and lentils, among others. Every young athlete's daily diet must include adequate amounts of protein to enhance their ability to perform all season long. How much protein should children be consuming? Are protein supplements a good alternative: Which foods are better than others for providing the most protein punch? See the "Nutrition: Protein" flyer at the end of the Packet.

3. **Making good decisions to enhance muscle recovery.** What coaches and parents say to children following games impacts that youngster's confidence and self-esteem. Similarly, what young athletes eat following games impacts their bodies and how they feel. Physical activity can cause damage to muscles and create unwanted soreness, but youngsters who replenish their bodies with the right types of food – and in a timely manner – are more likely to feel better faster and be able to return to the next practice or game at full speed. What nutrients are most important for muscle recover? How do carbs and protein combine to promote muscle recovery? Why is the timing of nutrient intake after exercise so important? See the “Nutrition: Recover” flyer at the end of the packet.
4. **Honing in on Hydration.** The importance of children consuming lots of fluids – and the right kinds- simply can't be stated enough. When children are exerting energy their body temperature rises. Youngsters who don't consume adequate amounts of appropriate fluids during games, especially those contested in hot and humid conditions, are at increased risk of becoming dehydrated and suffering muscle cramps, heat exhaustion or – even worse- heat stroke. How can you tell if you are hydrated? How much fluid should be consumed before, during and after exercise? What should you be looking for in a good sports drink? See the “Nutrition: Hydration” flyer at the end of the packet

For more information on sports injuries and other sports specific resources please visit:

<http://www.stopsportsinjuries.org/sports-injury-prevention/sports-specific-resources.aspx>

<http://kendrickfincher.org/pdf/Beehydrated%20pamphlet.pdf>

## **Top Ten Reasons Kids Play Sports**

1. **Fun-** Have you seen the smiles on the faces of kids running around on the field Or the look on their face when the coach high-fives them? They are smiling because they are having fun!
2. **Encourages Healthy Lifestyles-** When they are out there moving, they are burning calories, developing muscle, and assisting in brain development.
3. **Self Esteem-** Children will push themselves in sports, and will feel good about themselves for accomplishing their goals.
4. **Perseverance-** By pushing through when things get tough, they learn they can eventually reach their goal.
5. **Game Rules-** When kids are playing a sport, they are learning the rules and understanding the game.
6. **Time Management-** Playing a sport involves a big time commitment. Kids will learn how to manage their time so that they can fit it all in.
7. **Keeps Them Out of Trouble** - According to [www.allstaractivities.com](http://www.allstaractivities.com), "the athletic child is less likely to smoke or get involved with drugs and they perform better in school".
8. **Dealing with Adversity-** Even the most athletic child will come across a time when something is challenging for them. Learning to cope and overcome the adversity is a great life experience.
9. **Teamwork-** Kids that play on a team will grow to understand the importance of teamwork. They will also learn what it means to be a team player.
10. **Attitude-** Children playing sports will learn to win gracefully, as well as lose gracefully. Coaches will also help the kids understand how important it is to go into a game with a good attitude.

## **Agreement**

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I have read this code of conduct and pledge to adhere to it and the rules of the RCRSA Board of Directors. I understand that there will be consequences to my actions if they are contrary to this code of conduct or the mission of the Rogers Activity Center.

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Coach's Name (Printed)

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Signature

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Date

## Pre-season Questionnaire for Parents

1. Why did you register your child to participate in this sport?

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2. What are your expectations of the program leaders, and specifically of the coaches?

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3. In your opinion, what goals should be set for the team by the team leaders?

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4. Identify values that you think should be promoted by the program.

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*\*\* Please return the questionnaire one week from time of reception to the RAC c/o Cindy Glynn.*

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Participant's Name Parent/Guardian's Name

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (yyyy/mm/dd)